

# Trust Matters

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## Portsmouth Hospitals takes its first steps to become a Foundation Trust

Portsmouth Hospitals NHS Trust is taking further steps towards becoming a Foundation Trust.

As a Foundation Trust we would have more freedom to work with local people, better understand what healthcare our communities need and respond to those needs better.

At the moment we are answerable to the Secretary of State for Health but as an NHS Foundation Trust we would be much more accountable to local people.

We really hope people living in and around Portsmouth and the South East Hampshire area will become members of the Trust. Membership is free so please get involved and encourage your friends to join via the Trust's website.

We hope to become a Foundation Trust during 2013.

For more details, check out the Trust website: <http://www.porthosp.nhs.uk/about-us/Foundation-Trust/foundation-trust.html>

### Best Care, Best People, Best Hospital

"Our vision is to be recognised as a world-class hospital, leading the field through innovative healthcare solutions focused on the best outcome for our patients delivered in a safe, caring and inspiring environment".



Dear Trust members,

Welcome to the Spring 2012 edition of Trust Matters, the newsletter which aims to keep you up-to-date with the latest developments at Portsmouth Hospitals NHS Trust.

Last year ended on a high, with an encouraging 'Dr Foster' report in November 2011. Dr Foster is the UK's leading independent health information provider and their assessment showed that most of our services are performing very well and within expected outcomes. We are delighted that they highlighted our good work in dealing with hip fractures and we are working hard to do even better in all our services.

We will be holding local meetings during the summer months to share with you our plans to become a Foundation Trust. This is an exciting time for us and we very much hope you can join us at one of these meetings to hear why we feel this is so important and how it might affect you. We will give details of these meetings nearer the time.

The NHS Carbon Reduction Strategy for England sets out a framework for NHS Trusts to develop a low carbon NHS, while still providing high quality healthcare services. Portsmouth Hospitals wholeheartedly embraces this strategy and in the last year has started working to drive this initiative forward. The Government has set Hospital Trusts a target of a 10% reduction in carbon footprint by 2015 and a 20% reduction by 2020. Since we centralised the acute services mainly onto the more efficient QA Hospital site and closed Haslar and St Mary's, the carbon footprint has fallen. This year we will be working towards achieving these targets.

We have achieved a lot in 2011, including opening the new maternity unit at St Mary's Community Hospital, winning several national awards which recognise some of the great work going on at QAH, and launching more initiatives which I hope you will enjoy reading about.

Finally, we include your invitation to our regular local constituency meetings within this issue. Do come along and hear from our Medical Director, Mr Simon Holmes, about some of our world-class, cutting edge services and plans for the future.

Yours sincerely

**Peter Mellor**

**Peter Mellor**  
Company Secretary

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## Local Constituency Meetings

### Portsmouth

**Thursday 10<sup>th</sup> May from 7.00pm to 9.00pm.**

Lecture Theatre, Education Centre, Queen Alexandra Hospital PO6 3LY

### Fareham

**Tuesday 22<sup>nd</sup> May from 7.00pm to 9.00pm.**

Octagon Lounge, Ferneham Hall, Osborn Road, Fareham, Hampshire PO16 7DB

### Havant

**Tuesday 15<sup>th</sup> May from 7.00pm to 9.00pm.**

Emsworth Community Association, Church Path, Emsworth PO10 7DP

### Gosport

**Wednesday 30<sup>th</sup> May from 2.00pm to 4.00pm.**

Gosport Methodist Hall, Stoke Road, Gosport PO12 1JB



# Improving the concept of maternity care

The Trust's maternity service cares for more than 6,000 mothers and babies each year in both hospital and community settings. This year the Trust has launched a two-year development programme which is called 'Nurture'.

The development programme aims to change the concept of maternity care from being targeted primarily at women, to family-centred care. This is designed to get fathers and the extended family more involved, furthering the community service we currently offer.

Some of the changes include:

- Giving expectant mothers the choice of different locations to give birth, in particular at maternity centres and at home;
- Encouraging women and babies who are well after birth to return home as soon as possible with better support from maternity support workers;
- Giving focused support to vulnerable mothers and babies;
- Enhancing partnerships between GPs, midwives,

## New maternity centre at St Mary's

A state-of-the-art maternity centre has opened in the new £18.6m St Mary's Community Healthcare Campus in Milton.

The Portsmouth Maternity Centre is staffed by highly experienced midwives and maternity support workers who provide a relaxed atmosphere for women to give birth 24-hours a day.

The maternity centre will act as another childbirth choice in addition to the already successful range of choices we offer for the people of Portsmouth and its surrounding areas.

These include the Mary Rose Maternity Centre, which is the main maternity unit at Queen Alexandra Hospital (QA), a home birth, a delivery at The Grange Maternity Centre in Petersfield or a birth at the Blake Maternity Centre in Gosport.



# Unique organ transplant now offered at QA

Queen Alexandra Hospital now offers a kidney transplant which allows someone with a different blood group from the patient to donate an organ.



This technique, known as ABO incompatible transplantation ( ABOi), is only available at a handful of hospitals in Europe and allows surgeons to transplant a kidney from donor to recipient even if their blood types do not match. It can give the recipient an extra 10-15 years of life compared to the treatment option of dialysis.

Previously local patients were referred to Oxford or London and had to travel up to two hours for their operation and follow-up appointments, but having the procedure now available in Portsmouth minimises inconvenience.

The Trust's first ABOi transplant took place in November 2011 when Robert Baldwin, a 27-year-old security guard from Basingstoke, received a kidney from his close friend and best man Daniel Flack. The operation was a great success thanks to the skill and experience of our team of surgeons and anaesthetists led by Mr Sam Dutta.

"I am very pleased with the outcome of this procedure," said Mr Dutta. "This

operation requires complex preparation which has been executed to perfection thanks to the efforts of the whole team, and in particular transplant coordinator Lucy Chester."

ABOi has been available in the USA and Japan since the early nineties but only in the UK for the last five years.

Kidney Consultant Dr Jasna Macanovic, who jointly led the transplant operation, commented:

"The renal team at QA is constantly looking for new ways to provide patients with a full range of life-saving and groundbreaking treatments and surgical procedures. We estimate that a third of potential live donors are turned away due to incompatibility in blood groups; therefore I feel proud that we have managed to get this new treatment off the ground. This procedure will enable more patients to receive live donor transplants in our unit which will undoubtedly improve their quality of life and health and also increase their life expectancy."

## Over 100 breast cancer tests done to reduce the risk of additional surgery

More than 1,000 women in Portsmouth and South East Hampshire have undergone a life-saving test that allows breast cancer patients to reduce their chance of needing a second operation by showing during initial surgery whether their disease has spread.

Portsmouth was the first trust in the country to introduce the test, which is called the Breast Lymph Node Assay, five years ago.

The procedure involves checking some lymph glands (known as sentinel lymph nodes) under the arm to see if the cancer has already spread and getting the results back while surgery on the breast tumour is still under way.

## Butterflies bring peace and quiet

Families of patients who have died in the Emergency Department are receiving greater privacy and dignity when saying goodbye to their loved ones thanks to a new initiative known as the Butterflies scheme.

Laminated pictures of butterflies are placed on the doors of areas where a patient has recently died. It is a simple but effective method of letting staff know that a patient has passed away and encourages them to keep noise to a minimum and ensure that the family is not disturbed.

The scheme has been very well received by staff and was chosen as the winner of the Emergency and Critical Care category at this year's Nursing Times Awards. Congratulations to all those involved in the new initiative!



## Rheumatology Department honoured in House of Commons

The Rheumatology Department was among 10 winners from across the UK of the National Rheumatoid Arthritis Society (NRAS) Healthcare Champions Award.

The department was honoured at a special reception held at the House of Commons. The awards were presented by Home Secretary and NRAS patron Theresa May.

The department, led by Dr Ernest Wong, was nominated for the award for their professionalism and excellence of care by Muriel Boyes.

Muriel, a patient with the department for 19 years, praised the staff for their dedication, caring manner and for all the excellent advice and support that she and other patients have received.

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## Diabetes Dept recognised for improving patient care

Our Diabetes Department has received national recognition for its patient treatment and care.

The team won the silver award in the NHS Team of the Year, Working in Diabetes category. They were also awarded the bronze award in the Best Emergency or In-patient care Initiative category.

Both honours were awarded to the Diabetes In-Patient Prospective Service (DIPPS). This provides a team in different areas of the hospital to help educate ward staff and doctors in caring for diabetics and preventing incidence of hypoglycaemia, (an abnormally low level of blood sugar).

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## Joint School

Patients needing hip or knee surgery can now get an insight into what the procedure and their stay in hospital will entail, thanks to our new Joint School.

The school aims to let patients know all about their procedure before admission,

to make them feel more comfortable and better prepared.

The occupational therapy team, physiotherapists and nursing staff work together to prepare the patient's

expectations before they undergo surgery and make sure they are ready for their post-op rehabilitation.

The school has been very successful and patients have given it a big thumbs-up.

The team with Chief Executive, Ursula Ward.



## Barclay's Woman of the Year

Surgeon Commander Sarah Stapley based at Queen Alexandra Hospital was one of six medical professionals who won Barclay's Women of the Year Awards 2011 for their work with injured members of the Armed Forces.

Surgeon Commander Stapley has served in Iraq and as a Medical Officer aboard HMS Illustrious. This year she became Deployed Medical Director of the British hospital at Camp Bastion in Afghanistan and was one of six women honoured for treating injured military personnel and civilians at UK hospitals and in war zones. The six received their awards in October at a lunchtime ceremony in London.

# 10 out of 10 programme

Portsmouth Hospital's new pilot exercise programme for people suffering from Rheumatoid Arthritis is proving a big success.

Portsmouth partnered Solent Healthcare and UCB Pharma Ltd to introduce the first exercise programme of its kind to encourage physical activity among Rheumatoid Arthritis (RA) patients.

The project, named '10 out of 10,' offers local residents living with RA the chance to try 10 different types of community-based exercises, including circuit training, healthy walking, Pilates, Yoga, and Tai Chi, over a 10-week period. It encourages patients to attend local gyms and activity sessions and make a long-term commitment to regular exercise.

The Trust and its partners will evaluate the pilot project and advise on how similar initiatives can be offered locally and nationally.



## Hospital helping smokers quit

QA Hospital is helping patients to quit smoking with a new referral system. Patients are being asked about their smoking status and encouraged to accept help under this pilot scheme which is being trialled in several different outpatient and inpatient wards and departments within the hospital.

Anyone keen to quit will be referred to their local NHS stop smoking service who will discuss different methods of support and nicotine replacement therapy options.

Amanda McKenzie, Project Coordinator, said:

"So far the system has had an amazing response with an increase of up to 75% of patients asking to be referred to their local NHS quit smoking service, compared to last year. Quitting smoking is the best thing you can do for your health, and the benefits of quitting can be seen within minutes."

### Why stop smoking?

- Long-term health benefits such as easier breathing, decreased chance of heart attack and lung cancer;
- Stopping smoking will help with recovery, reduce the risks of post-surgical cardiac and respiratory complications;
- Financial benefits for patients;
- Using nicotine replacement therapy whilst staying in hospital will also help to control cravings;
- Patients using the NHS stop smoking services are four times more likely to successfully stop smoking than those who try alone.



# Counter Terrorism training for staff – preventing and surviving an attack

We have held workshops for Trust staff so that they can learn about ways to prevent, prepare for, respond to and recover from a terrorist attack.

Over 227 members of staff from different departments attended the two-hour voluntary courses which gave them specialist counter terrorism security advice.

Attendees were taken through a simulated terrorist attack; giving them the chance to discuss and make decisions about what their priorities should be and what they should be doing. They also discussed the different dilemmas posed and planned the steps they would need to take if a terrorist attack ever happened.



## Become a Governor and represent your views and those of your community

Every NHS Foundation Trust is required to establish a Board of Governors. Our Trust's is called the Council of Governors as we believe this better reflects their role.

Governors advise the Board of Directors on decisions about the strategic direction of the organisation. They get involved in the development of our future strategy and act as guardians of the Trust on behalf of the local community.

A Governor does not run the Trust or get involved in operational issues; this is a job for the Board. However, Governors play a key role in advising and holding the Board to account for the decisions it makes.

There are two types of Governors: elected (voted for by members of our Trust, the public, and patient and staff constituencies), and appointed Governors who are nominated by our partnership organisations.

Becoming a Governor is straightforward. You need to be over 16 years old, a member of the Trust, and be chosen in an election by members. We will send you details of elections, how to stand and how to vote when election time approaches.



# Your questions answered

## What steps are you taking to stop the public from smoking outside of the hospital entrance?

There are already signs outside the hospital entrances asking people to use the designated smoking areas, but unfortunately these are often being ignored. The Trust recently ran a poster competition in partnership with The News where members of the public were involved in producing particularly eye-catching and thought-provoking designs.

We also piloted the new referral initiative, known as the Streamlined Secondary Care System, mentioned on page 6. Inpatients can now receive nicotine replacement therapy (NRT), to help with withdrawal symptoms and we hope fewer of them will feel the need to go outside the hospital to smoke.

It was No Smoking Day on the 14<sup>th</sup> March and we asked those patients who smoke to 'Take the Leap' and meet advisors from their local NHS stop smoking services and other supporting organisations from across the city.

For more information you can contact Amanda McKenzie, Project Coordinator, on: [amanda.mckenzie@porthosp.nhs.uk](mailto:amanda.mckenzie@porthosp.nhs.uk).

## Some patient letters seem to arrive late and some not at all, while some are duplicated. What's being done about this?

The Trust is aware that the system has not been as efficient as it should have been; therefore we have introduced an electronic system which should cut a lot of these problems. We've also altered the style and format of the letters and are introducing these changes throughout the Trust over the next few months. However, although they should cut down on the mix-ups whenever humans are involved there will be human error, so do bear with us!

## What does the Trust do to stop the winter vomiting bug, Norovirus?

The Trust is the best performer in the region for the prevention and management of Norovirus. Throughout 2011 only one ward was closed at QA for gastroenteritis and to date we have had no closed wards despite an increase in cases of the bug throughout the area.

Individual cases of Norovirus can never be prevented. Patients, relatives, or staff may bring Norovirus inadvertently into the hospital but the key is the identification and management of these cases.

The Trust works with GPs and the community to prevent the spread of gastroenteritis, as well as helping nursing homes avoid outbreaks.

The Infection Prevention Team uses an early warning electronic surveillance system that operates throughout the Trust. The system identifies patients with early onset diarrhoea and vomiting and alerts the Infection Prevention Team who look after these patients on a case-by-case basis, allowing individual cases of Norovirus that have been brought in from the community to be managed before spread occurs, which prevents outbreaks. Staff education, rigorous cleaning and constant surveillance by the Infection Prevention Team also help prevent uncontrolled cases of Norovirus.

## On 13<sup>th</sup> July the BBC ran a report on the cost of 'bed blocking' to Local Authorities. Is bed blocking an issue in QA, and what is the Trust doing about it?

Sadly 'bed blocking', where patients remain in hospital unnecessarily because there is nowhere suitable for them to be discharged to, is a massive issue for the NHS and for Portsmouth Hospitals Trust. The problem has been considerably reduced since the local councils set up a Discharge Bureau to help vulnerable patients leave hospital safely and with the appropriate support in the community. However the forthcoming cuts to Local Authorities budgets could affect this service severely.

If you require this newsletter in another language, large print or another format, i.e. audiotape, please contact the Patient and Customer Services (incorporating PALS) on Freephone 0800 917 6039.

**Trust Matters is created by the Communications Team**

Send us your feedback by emailing [communications@porthosp.nhs.uk](mailto:communications@porthosp.nhs.uk)

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